

WINTER NEWSLETTER 2015



At the Lambeth Country Show, July 2015 – To remind us all that summer time and warm sunshine are never too far away.

2015 has been a busy year for us here at Rathbone. As you can see from the contents of this newsletter, our staff and volunteers have been delivering some fantastic activities and services throughout the year. There are too many highlights to single out just one, but it is testament to the hard work and commitment of our teams that there are so many to choose from. As you will see we have been fortunate in drawing in funding from many different sources. We are hugely grateful to our funders and donors for supporting our work in so many areas. Thanks go to all of them for recognising the value of our work and for helping us to keep making it happen.

I would like to take this opportunity to thank all of our service users, carers and families for continuing to use Rathbone for their support services and for all the positive feedback and compliments we have received from you over the year. On behalf of the Trustees, staff and volunteers at Rathbone we wish you all a very Happy Christmas and New Year in 2016.

Andrew Preston, CEO



Grant Award Success!



Garfield Weston
FOUNDATION

In January 2015 we were very pleased to be able to announce being awarded a grant of £10,000 from

the Garfield Weston Foundation to help run our 13-19 year old Thursday Youth Club (for young people with learning disabilities). The grant is used to cover such costs as staffing, activity costs and minibus hire.

Closely following the end of the previous CIN grant this award came at a perfect time and meant we were able to continue with our work with this group of young people.



Rathbone AGM 2015

A celebration of our achievements followed by a buffet supper

Please come along and have your say about what you want from Rathbone in the future.



Space is limited so please let us know if you are coming along
Phone 020 8766 9280 or email agm@rathbone.org.uk



Tuesday 10th March 2015
6.30 - 8.00pm

The Old Library
14-16 Knights Hill
West Norwood
SE27 0HY



Our first public **Annual General Meeting** was held on 10th March at The Old Library. More than 60 people attended.

The evening included a number of entertaining presentations as well as the formal business required at an AGM. Next year's meeting is likely to take place in the spring once again, and we will publish the date as soon as it has been agreed.

Thank you to everyone who attended in 2015.

Staff Conferences – Spring & Autumn 2015

Rathbone holds two staff conferences each year. Engaging the workforce in discussion and decisions about the future of the organisation in this way is very important.

At the Spring Conference in March the lunch was wonderfully catered, as ever, by our **Come Dine with Us** group.



There were presentations on workshops about the new CQC inspection system and how the changes will affect Rathbone and an

election for representatives to the Staff Reps group.

At the Autumn Staff Conference in November the group engaged in lively discussion on a range of important subjects including Rathbone improving as a 'Learning organisation'.

Lots of valuable insights and ideas were gained, and will be utilised in the process of improving the organisation.



Happy Anniversary!

On Friday 3rd October the supported living project at Sydenham Road celebrated **10 years** of existence. Well done to all members of staff and everyone involved.

This summer the Sydenham Road tenants have achieved the ambition of travelling abroad by plane and exploring other countries.

To Sydenham Road Staff
Thanks for your support over the last 10 years, and helping to make the project a success - here's to another 10 years.
From the Brody family

Congratulations to Simona, Hugh and Sammy but also to Langton, George and all involved.

Representatives from **White Stuff** came along to the opening of the refurbished Lounge and re-equipped IT suite and music studio at The Old Library on Friday 8th May.

The evening was a great success as staff from both the IT team and the Marketing team came along to see the young people enjoying the wonderful spaces they helped create. Throughout the evening the young people mingled with the White Stuff teams and even enjoyed trying out the DJ equipment and Wii together!



One of the highlights of the evening was getting together to leave feedback on the chalkboard in The Lounge. Some great laughs were had and we received some excellent feedback.



Comments included "Finally, it's done!" "OMDS this is brilliant!" "This is what I call a youth club space! This is going to be the new spot!" "I can't wait to use everything!!!" "Love it all!"



Over the weekend of 5th-6th June Rathbone Youth Club took part in **London Youth's Forward Thinking event** at Hindleap Warren, which brought together 30 young people from five different youth organisations, irrespective of background or ability, to listen, learn and most importantly have fun together!



...and a brilliant time was had by all!



Rathbone would like to thank our frontline workers for their hard work and commitment to the charity and the people they work with.



Adult support work and youth work can be tiring, challenging and stressful. This kind of skilled work is not paid well and our workers regularly work unsocial hours while most other people are at home with their feet up. **Thank you all.**

Great summer with great partnerships!

The youth club had a great summer this year. As part of our new intergrated youth group we hosted a fun packed 6 week summer programme working with more than 55 young people, both mainstream and those with learning disabilities.

We had a great selection of delivery partners and funders that helped to create a diverse and engaging programme of activities for the young people at Rathbone. We worked with **High Trees** and **Norwood Community Group** as part of the *West Norwood and Tulse Hill Consortium*, in addition to receiving funding from **London Youth**, **FreeSport** and the **YLC**.

Lambeth Country Show

July 18th & 19th 2015



Thank you to all our brilliant volunteers from Rathbone and from **White Stuff** who helped spread the good word, sell plants, hook some ducks, win some prizes and, perhaps most importantly, kept our two gazebos attached to the ground during some very windy conditions at times.



The weather was balmy and everyone's hard work certainly paid off, so thank you once again and we'll hopefully see you there next year!





**LONDON
SPORT**

Following the success of both the **FreeSport** and **London Youth** summer funded projects Rathbone was nominated for and was successful in our application

to be part of **ClubWorks**, London Sport's new capacity building and club development programme.



This scheme is funded by the **GLA** and will run for the next two years. We will receive a dedicated *Club Support Officer* who will work with the team to develop a bespoke action plan that will match Rathbone with a host of programme partners and development offers to help us develop and run a sustainable club.



CITY PITCH SUCCESS!

During the Summer some of the young people at Rathbone and The Old Library worked on a new project idea called **50/50**. The aim was to engage 50 boys and 50 girls in various skills workshops to benefit themselves and our local community.



On Thursday September 24th five of the young people presented this idea to five esteemed judges from the **Mayor's Fund** at City Hall to try and gain the funding needed. The group did an amazing job and their hard work and determination paid off when the judges decided to award Rathbone **£1,000** to carry out the project.



Thank you to the Mayor's Fund, to **Santander**, to all our supporters including our friends at London Youth, and really well done to everyone who took part



**MAYOR'S
FUND FOR
LONDON**
HELPING YOUNG LONDONERS GROW

A new Trustee



We were very pleased to celebrate Trustees' Week in November by confirming **Phil Kerry** as at Rathbone's newest Trustee. Phil's full time job is Programmes Director at London Youth, which makes him a perfect fit for our Board.

Charity Trustees oversee the running of the organisation. This role of responsibility is ideal for professionals seeking experience of, and insight into, the voluntary sector.

Rathbone is under-represented by Trustees from BME backgrounds. We are working hard to ensure that the diversity of our service user group is reflected across the charity.

If you have relevant skills or experience and are interested, or would like to learn more about becoming a Trustee at Rathbone, please contact Andrew at: a.preston@rathbonesociety.org.uk or phone on: **020 8766 9280**



Rathbone's Trustees at the 2014 Fun Run

A sad piece of news came this year as Terry and Irene Trim stood down from our Board of Trustees. Terry Trim was the chair of the Board and Irene was the Treasurer and Company Secretary. Terry and Irene have given many years of service to Rathbone and have been at the heart of the Trustee Board for over 15 years. The staff and remaining Trustees would like to send their **heartfelt thanks** to Terry and Irene for all their hard work and commitment to Rathbone and wish them well in their retirement.



BBQ 2015



Thank you once again to all the staff and volunteers who helped out at the rearranged BBQ on August 28th, particularly those who did so in their own time. Everyone who was there will know that it's definitely worth all the effort.

We had a miniature army of White Stuff volunteers who helped decorate the garden and, as ever, there was plenty of good food, partly catered by *Come Dine with Us*, and lots to drink at Jamie's bar.



The White Stuff team in action

London Youth Jack Petchey Table Tennis Championship

A group of budding young table tennis players also took part in the **2015 London Youth Jack Petchey Table tennis Championship**.

London Youth joined forces with Jack Petchey at Joola Morpeth TTC on Wednesday 28th October 2015 when many youngsters demonstrated their great skills and potential.

Our group played hard and fast but were just pipped at the post, coming a highly creditable 2nd place.

A huge well done to all who took part!



Friday 25th September saw the Launch of **The Old Library Table Tennis Academy**. Over 18 youth club members came to see Darius Knight, the Team GB international table tennis star, in action. All the young people got to play a game of table tennis with Darius and each of them fought valiantly - but none of them managed to defeat him (although we're quite sure by the end of their training there will be some real contenders who can take on the challenge).

This integrated event was amazing and a great start to the ongoing and very popular Academy.



Darius and members of the Table Tennis Academy

GARDENING GROUP NEWS 2015

It's been a busy year for the group as we moved from our old plot at the top of the hill at Rosendale Road Allotments to a new one near the gate. It's much easier for the group to access, and benefits from much richer soil than the stony clay we've been working with up till now. The only problem on the new plot was the old carpet buried under all the beds. Carpet can be good for suppressing weeds, but it needs to be taken up before planting. It was hard work getting it all out!



Everyone helped to bring all our plants and equipment down the hill. We dug up our cherry tree, raspberries and strawberries and settled them into their new home. Many pots of herbs came too. We dug and weeded the new plot and found onions, garlic and a loganberry bush already established. We planted potatoes, tomatoes, runner beans, courgettes, spinach and lettuce and everyone was able to take some home at harvest time.



Some new members joined the group and we all enjoyed our summer BBQ. As well as harvesting our own crops we were able to collect some spare apples from fellow plot holders and spent a day pressing them and making fresh apple juice, which was delicious!



Pressing apples

The group has been active in the wider community, helping out with planting at **Norwood Bzz Garage**, which is now surrounded by fruit trees, flowers and vegetables, helping to feed us and the bees. The group also joined in with the **Open Orchard** project, planting fruit trees around Lambeth. We are having a rest for a month or two and hoping to come up with a new name for the group when we get together again in the spring. Any suggestions welcome!

Thanks again to **Finnis Scott** whose grant funding makes this group possible.



The Finnis Scott
Foundation



DID YOU KNOW?

We have lots of collection pots waiting for new homes?! Do you know someone with a cash based business, shop or group who would be happy to take one of our collection tins?



In a busy place one of these tins can make enough money each month to pay a Youth Worker for an evening!

We'd love to hear from you so please contact Andrea on a.swainson@rathbonesociety.org.uk or 020 8766 9280.

The Youth Management Team



This year saw the launch of Rathbone's first integrated Youth Management Team (YMT) at The Old Library. It is made up of young people from both the mainstream and learning disabilities youth groups. The team meet bi-weekly to address issues raised by the wider club members, apply for grants and funding pots in addition to representing the youth clubs at various meetings and events.



More new sports at the Youth Club



One of the major highlights for the young people this year was the introduction of

new integrated sports to the Old Library.

Another new addition to the activity programme was fencing classes, delivered by Louis, an amazing coach from The British Fencing federation. The first class kicked off on 5th November with fourteen young people trying out a new sport.

Most of the young people had never tried fencing before so found it challenging, exciting and fun. Both the mainstream and young people with disabilities have been engaging in the classes and as a result of this new sport we have had four new members join the youth club!



Lambeth Community Awards 2015 – Andrea Scoops the Lord Scarman Award!

On 22nd September at the Royal Festival Hall, as part of the 2015 *Lambeth Community Awards* Andrea Swainson, of Rathbone and Diverse Dance Studios, was awarded the **Lord Scarman Award** for someone who has *contributed to developing, or promoting equality and inclusion in the areas of race, gender, disability, age, sexuality, religion or belief and achieving or encouraging achievement in challenging circumstances.*



Andrea has worked for Rathbone for several years and is a trained support worker and a talented dance teacher. Diverse Dance provide classes for both young people (under 25) and older people. The two classes work towards a joint performance at the end of the year.

Read more at:

<http://love.lambeth.gov.uk/lambeth-community-awards-2015-winners-announced/>

Well done Andrea!!!



Andrea pictured with her fellow dance Tutor Natalia and the Mayor of Lambeth at the recent Showcase at Lost Theatre. Read over...

Rathbone's long and bountiful partnership with **Diverse Dance Studios** bore yet more fruit this year with a wonderful showcase of their work and talent at **Lost Theatre** on Saturday 28th November.



The evening performance was opened by the Mayor of Lambeth, Councillor Donatus Anyanwu.

The event was made possible by support and funding from the **White Stuff Foundation**.



Starring in the show were performers from Rathbone Youth Club's, Made 2 Dance; The Old Library's mainstream youth group, Bite Back, and the Diverse Adult group B.Diverse.



During 2015 the dancers worked creatively to discover new styles and music, and were encouraged to take on the roles of

choreographers, teachers, movement directors and even filmmakers. The show was a celebration of all the fun they had with learning and experimentation.



<https://vimeo.com/148120324>

One of the highlights was the premier screening of WAVE – a dance film project created in the summer with filmmaker Owa Barua. This summer project was funded by **Young Lambeth Co-op**.



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Come Dine with Us



Our group had another fun and productive year in 2015. We catered a number of events, such as at the West Norwood Health and Leisure Centre and Rathbone's AGM during March. We have learned and practiced LOADS of new recipes, as you can read on our blog:

<http://rathbonesociety.org.uk/blog/category/come-dine-with-us/>



Our group is funded by



Rathbone Learning



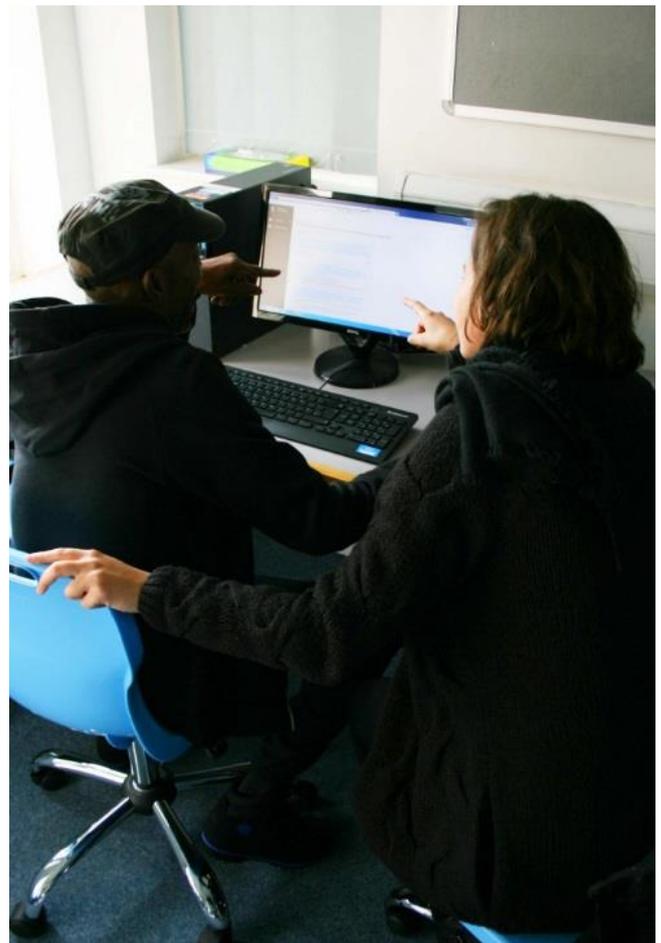
Hi I'm Patrick McCabe, Project Development Officer for Rathbone Learning. Rathbone Learning is a social training enterprise

based at The Old Library.

The project aims to make use of the great training facilities in the Old Library by creating affordable training opportunities for local people, organisations and businesses.

Initially we will be focusing on the training provided to new staff and volunteers when they join an organisation.

We are very interested in hearing from you if you have any particular need for good value, high quality local training.



Please contact me at:

p.mccabe@rathbonesociety.org.uk or on:
020 8766 9280.



Many thanks to Kieron and Liz for collecting donations over the year from their local Slimming World group.



Many thanks also go to **Floral Hall** in West Norwood for donating goods for making Xmas decorations and for having one of our collection tins in the shop.



A huge thank you to our fantastic volunteers - without whom none of this would be possible:

Sarah Walsh - *Come Dine With Us*, Christine Griffiths & Rebecca Griffin – *Old Library receptionists*, Selina Helene & Clifton Wright – *youth club helpers*, Denise Airey – *strategic & organisational work*, Albert Miquel – *summer intern*, John Chapple – *office support*, Amanda Godwin-Jones – *fundraising & comms work*, Tamsin Osborne – *backstage support at Diverse Dance showcase*, White Stuff staff teams and individuals for fundraising, make-overs, Christmas party making, professional advice & support, our *Trustees* – Gail Emerson – *Chair*, Megan Cambridge – *Vice Chair*, Matt Williams – *Company Secretary*, Lawrence Avery – *Trustee* and Phil Kerry - *Trustee* and finally not forgetting many of our own staff who give up their own time to help out at events and parties.



Big thanks go to Marilyn who has put so much time and energy running the 'Feel Good Fridays' over 25s Group on Friday evenings over the years. Marilyn has recently handed over the reins to Eddie.

'Feel Good Fridays' is funded by Santander Foundation



Finally, some very sad news to report. Ingrid Andrew, a very lovely and popular Rathbone Support Worker died very suddenly and unexpectedly recently. Ingrid will be greatly missed by everyone who knew her at Rathbone.

Ingrid was a talented artist, whose piece 'Horse Woman' is pictured above.

Thank you to all our funders!

